



# IGNITE

EMOTIONAL INTELLIGENCE  
ENHANCEMENT PROGRAM

# GAME CHANGING FOR BUSINESS

Ignite helps professionals develop emotional intelligence skills and improve their impact, influence, leadership and resilience. The tools and techniques covered are applicable within and outside of the workplace, making the program game changing for business and life changing for people.

Combining learning methodologies with a learning-journey structure, participants experience enduring improvements in their emotional intelligence. There are six core modules of the program. Each session, delivered in a two-hour professionally facilitated format, includes relevant pre-work, cutting-edge research, experiential scenarios and on-the-job applications.

## SESSION 1 - EMOTIONALLY INTELLIGENT LEADERSHIP



EMOTIONALLY INTELLIGENT LEADERSHIP  
IGNITE LEADER MODULE 1  
July 2019  
1 January 2019  
Strictly Confidential

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In this session, participants will:

- Explore the neuroscience of emotions and emotional intelligence
- Analyse emotionally intelligent leadership behaviours and the impact these can have
- Identify events that can cause positive and negative decisions and behaviour in others
- Determine a personal development goal for the program

## ASSESSMENT



180° EMOTIONALLY INTELLIGENT  
LEADERSHIP FEEDBACK REPORT  
Paul Example  
15 January 2019  
Strictly Confidential

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YOUR LOGO  
HERE

The program contains a Time 1 and a Time 2 Genos EI Leadership Feedback Report. The assessment at the beginning helps personalise the program and allows participants to receive results and feedback on their current EI Leadership Behaviour. In knowing they will receive a second assessment, this helps participants to have a growth mindset and to understand the importance of ongoing development.

## SESSION 2 - INSIGHT AND FEEDBACK



INSIGHT AND FEEDBACK  
IGNITE LEADER MODULE 2  
July 2019  
1 January 2019  
Strictly Confidential

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In this session, participants will:

- Reflect on and discuss, approaches taken and outcomes from, doing the learning assignment from the previous module of the program
- Review their emotional intelligence assessment results and identify actions they could take on that basis
- Explore and practise applying an approach for responding to feedback

# LIFE CHANGING FOR PEOPLE

## SESSION 3 - BEHAVIOURAL AGILITY



BEHAVIOURAL AGILITY  
IGNITE LEADER MODULE 3  
July - August  
January 2019  
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In this session, participants will:

- Reflect on and discuss, approaches taken and outcomes from, doing the learning assignment from the previous module of the program
- Evaluate models and concepts for improving our Self-Other Awareness
- Identify how they can use enhanced Self-Other Awareness to demonstrate situational leadership, where they take an approach best suited to the type of person and situation they are leading in

## SESSION 4 - AUTHENTICITY



AUTHENTICITY  
IGNITE LEADER MODULE 4  
July - August  
January 2019  
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In this session, participants will:

- Reflect on and discuss, approaches taken and outcomes from, doing the learning assignment from the previous module of the program
- Explore what 'effective' and 'ineffective emotional expression' looks like
- Evaluate models and techniques for the facilitation of Authentic Conversations
- Practise applying these tools and techniques with each other

## SESSION 5 - BUILDING RESILIENCE



BUILDING RESILIENCE  
IGNITE LEADER MODULE 5  
July - August  
January 2019  
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In this session, participants will:

- Explore things they can do to build their personal resilience and practise a mindfulness meditation exercise
- Analyse a reactive technique they can implement to help them effectively respond to strong emotions when they arise
- Practise applying an approach they can take through conversation to help someone find the best possible response to make in a difficult situation

## SESSION 6 - INSPIRING PERFORMANCE



INSPIRING PERFORMANCE  
IGNITE LEADER MODULE 6  
July - August  
January 2019  
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In this session, participants will:

- Compare their Time 1 and Time 2 assessment results and determine how they can maintain and build on the outcomes of the program
- Explore the final competency of emotionally intelligent leadership - Inspiring Performance - and identify opportunities to do so with their team
- Practise applying an approach to help boost employee motivation and engagement



What would it mean to your leaders to be more of the leader on the right side of our model and less of the leader, that we can all be at times, on the left?